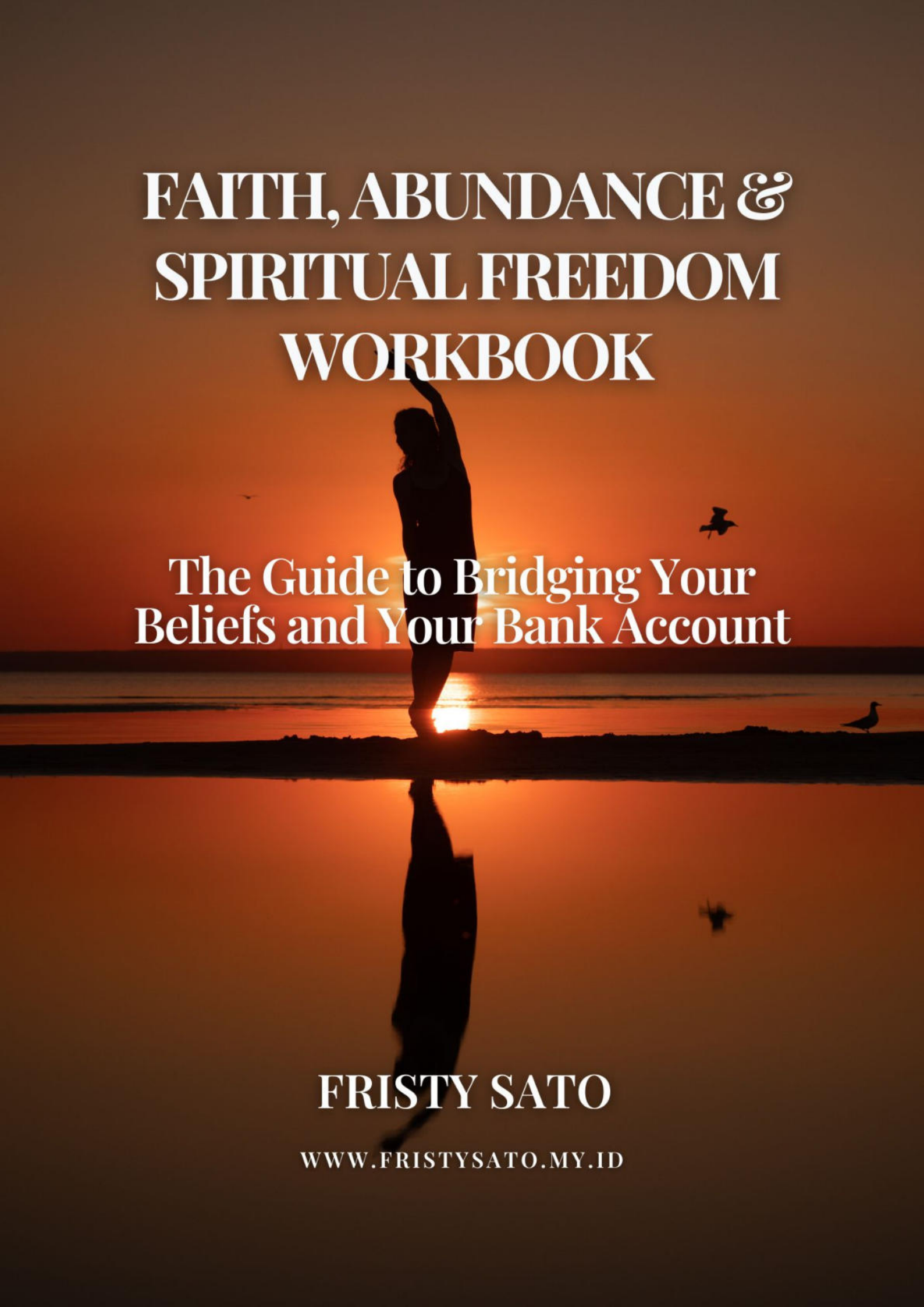

FAITH, ABUNDANCE & SPIRITUAL FREEDOM WORKBOOK

The Guide to Bridging Your Beliefs and Your Bank Account

FRISTY SATO

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Faith, Abundance & Spiritual Freedom Workbook

The Guide to Bridging Your Beliefs and Your Bank Account

Written by Fristy Sato

Divine Feminine Leadership Initiator

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Faith, Abundance & Spiritual Freedom Workbook

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While the practices and information shared can be profoundly transformative, individual results may vary. It is always recommended to consult with qualified professionals for any health or well-being concerns. By engaging with this material, you acknowledge that you are responsible for your own well-being and choices.

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A Note from Fristy

Welcome,

Fristy Sato here. For those who haven't met me yet—I'm a certified Life Coach in Neuro-Linguistic Programming, a Certified ThetaHealing® Practitioner, and a Certified Practitioner in Time Line Therapy®.

For years I believed achievement was the same as peace. I chased degrees, recognition, and a picture-perfect career abroad. On paper, I looked successful. Inside, I was exhausted and disconnected.

Through trauma-informed healing, inner-child work, and embodiment, I began leading from presence instead of perfection. That path became what I now call Divine Feminine Leadership—leading with intuition, clarity, and compassion, like a mother guiding life itself.

This workbook is your invitation to walk that same path.

Let's get straight to the truth.

This workbook is inspired by a deep truth: **True faith is not blind belief—it's embodied trust that even when I lose a tooth, a new one will grow.**

Many spiritual leaders carry an unconscious contract that says **poverty equals purity**. This is a lineage pattern, often inherited from religion or ancestors who accepted "just enough" out of necessity or fear.

This workbook is your invitation to dissolve that false dichotomy. We are integrating your highest spiritual truth with real-world **abundance and freedom.** We are clearing fear, healing scarcity, and anchoring your faith into a life of limitless, sovereign support.

It's time for your light to be richly rewarded.

Yours in sovereignty,

Fristy Sato | Divine Feminine Leadership Initiator
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1. Scene Reflection Prompts: The Split Between Spirit and Wealth

Your inner classroom still holds old lessons about money and worth.

A. Faith & Abundance

Themes: Spiritual belief, self-worth, humility vs. expansion.

What part of me still believes that wanting more money makes me less spiritual or "unhumble"?
In what ways have I outgrown “being content” that used to protect me from scarcity (and is now limiting my growth)?
Who in my lineage accepted “just enough,” and am I ready to consciously shift that pattern for myself and my family line?

NLP Reframe Practice

Touch your wrist and repeat: “Abundance does not cancel humility. The more I receive, the more I can circulate divine generosity.”

This scarcity contract is often the deepest root of all money blocks. To fully dissolve it, **Visit our guide to Healing Your Feminine Wealth Codes**.

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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2. Partnership & Embodied Wisdom

True collaboration is about walking beside, not superior teaching.

Themes: Collaboration, embodied knowing, gentle teaching.

In my relationships or business, where am I trying to “teach” rather than “walk with” or co-create?
How does my body already know what my mind forgets (e.g., when to say No, when to rest, where to expand)?
How can I bring more patience and curiosity into my partnerships and business collaborations?

Somatic Practice

Place a hand on your heart and say slowly: “My body remembers sacred rhythm. Even when I forget the steps, divine timing moves through me.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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3. Integration of Wisdoms

Spiritual maturity is found in integration and freedom from fear-based perfectionism.

Themes: Spiritual maturity, freedom from fear, inner authority.

Where do I still fear “getting it wrong” spiritually or professionally?
How do I integrate wisdom from multiple paths or teachers without losing my essence?
How can I model calm curiosity instead of fear-based reaction for my clients, family, or team?

ThetaHealing Exercise

1. Sit in meditation. Visualize a golden light from Source filling your crown.
2. Say in your heart: “Creator, it is commanded to lift from me all oaths, vows, and programs that say I must fear spiritual diversity.”
3. Feel light clearing from your crown and heart. Replace it with: “I am safe to learn, explore, and integrate all paths of love and truth.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights.

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4. Renewal & Trust

Letting go is a necessary act of faith. Loss is simply creation making room for something stronger.

Themes: Letting go, regeneration, sharing wisdom.

What belief or structure in my life has decayed and is ready to fall out? (e.g., The belief I must work 80 hours to succeed.)
What new, healthy pattern is already growing quietly to replace it?
How can I share my past “losses” as wisdom offerings for others?

NLP Visualization

1. Imagine your limiting belief dissolving in light. A new, strong, gleaming belief grows—a symbol of strength, truth, and new self-support.
2. Anchor it with the affirmation: “I am safe to shed the old and grow new strength.”

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Reflection:

After your practice, take a moment to journal about your experience. Note any observations, challenges, or insights here.

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5. Core Integration Practice

This ritual establishes you as the teacher and authority of your own truth.

Ritual Instructions:

1. Write on a piece of paper the old beliefs from the "student phase" (e.g., *I must follow one truth only, money is not spiritual, I need approval to be right.*). **Burn or bury it.**
2. On another paper, write your new teacher-level truths (e.g., *I teach through embodiment, my abundance serves collective healing, faith and freedom coexist within me*).
3. Place the second paper on your altar or workspace for 7 days.

Journaling Prompts for Integration

When did I stop believing that spiritual people can be wealthy?
What is one old fear I can let fall like a decayed tooth today?
What is one new truth growing quietly in its place?

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Reflection and Notes Section

This space is for you to jot down any thoughts, feelings, or insights that arise during your exercises. Reflect on your progress, challenges, and any shifts in your perspective towards self-love and loving kindness.

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Your Next Sacred Step: From Survival to Sovereignty

You've done the beautiful work of bridging the spiritual and material. You've anchored **Faith, Abundance, and Spiritual Freedom** within yourself.

To make this state of **spiritual wealth** permanent, you need the highest-level energetic container that supports you in leading from this integrated truth.

That is the entire purpose of the **THRIVE Feminine Leadership Immersion**.

If you are ready to anchor your soul legacy in financial and spiritual sovereignty, this is your invitation.

Apply Now for the THRIVE Feminine Leadership Immersion

Note: Only 5 spots are available per quarter.

I am holding the space for your arrival.

With love,

Fristy

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Get Your Free Gift!

Divine Feminine Wealth Activation

Your Clear Path to Reclaim Your Financial Flow and Manifest Sacred Prosperity.

This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of scarcity** that may be holding you back.
- **Deconstruct inherited and learned patterns** that have unknowingly blocked your abundance flow.
- **Discover the true essence of Divine Feminine Wealth**—it's more than just money; it's a sacred energy for impact and purpose.
- Begin to **Transform your relationship with money** through grounded practices for financial safety and energetic boundaries.
- **Uncover your unique abundance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with this "Divine Feminine Wealth Activation" workbook are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their financial flow and manifest sacred prosperity with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound abundance.

Ready to Reclaim Your Abundance?

Get Your FREE "Divine Feminine Wealth Activation" Guidebook Now!

You can get your copy HERE.

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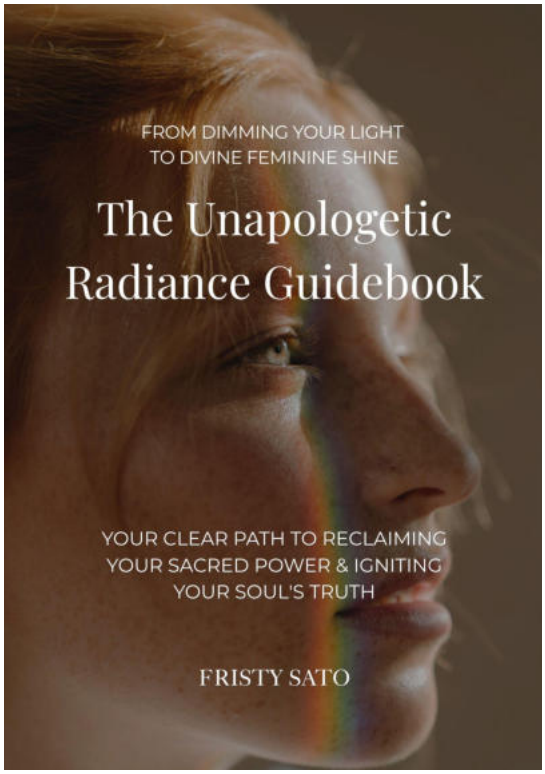
Get Your Free Gift!

The Unapologetic Radiance Guidebook

Your Clear Path to Reclaiming Your Sacred Power & Igniting Your Soul's Truth.



This complimentary guidebook is your essential first step. It's designed to help you:

- **Pinpoint the invisible veils of fear and self-doubt** that may be subtly dimming your light.
- **Deconstruct inherited and learned patterns** that have unknowingly kept you playing small or seeking external validation.
- **Discover the true essence of Divine Feminine Radiance**—it's more than just being seen; it's a sacred frequency for impact and purpose.
- Begin to **Transform your relationship with visibility** through grounded practices for inner safety and energetic boundaries.
- **Uncover your unique radiance blueprint** through powerful self-inquiry and actionable practices.

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You'll find that readers who engage with "The Unapologetic Radiance Guidebook" are able to implement these sacred teachings faster and take the next powerful steps needed to reclaim their authentic presence and ignite their soul's truth with ease.

This isn't just a download. It's an initiation. A clear invitation to begin your journey of unapologetic radiance and profound self-expression.

Ready to Reclaim Your Radiance?

Get Your FREE "The Unapologetic Radiance Guidebook" Now!

You can get your copy HERE.

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A Note of Gratitude

This work wouldn't be possible without the wise women, spiritual teachers, and mystics who came before me. Their wisdom is what built the foundation of the **THRIVE Method**. I'm forever grateful for them.

To my own mentors, thank you for holding the space for my own journey and for always guiding me with a firm, loving hand.

Finally, to you, the reader—thank you. Thank you for being so brave and for showing up for yourself. The world is a better place because you're doing this work.

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About Fristy Sato

Fristy Sato is a Divine Feminine Leadership Activator, a guide for women who are ready to become leaders. She helps them tap into their feminine power and lead with confidence. Her work is a journey that helps women master their energy, heal from the past, and embrace who they truly are.

Fristy's goal is to help women move beyond pain and reclaim their power. She guides them toward a life of peace, prosperity, and clear purpose. She uses a kind, grounded, and empathetic approach, creating a safe and clear space for real transformation.

She helps women build unshakeable confidence that comes from within. Her programs aren't just courses; they're designed to help you remember your soul's deepest truth and give you a practical way to rise up and lead.

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Check Out My Books!

I've channeled more wisdom into these sacred offerings. These books are designed to meet you exactly where you are and guide you through the intricate layers of healing and alignment. They illuminate the next steps on your path to becoming the most authentic, radiant, and powerfully manifested version of yourself.

The Conscious Manifestation Journal: A Holistic Guide to Healing, Alignment & Manifesting Your True Desires

UNLOCK THE SECRET TO MANIFESTATION
THAT ALIGNS WITH YOUR SOUL'S PURPOSE
The
Conscious
Manifestation
Journal
This transformative journal blends manifestation techniques, subconscious healing, and structured goal-setting to help you turn your biggest dreams into reality—one aligned step at a time.
FRISTY SATO

You've tried manifestation. You've made vision boards. You've repeated affirmations. But something still feels off. This journal is your guide if you're ready to move beyond wishful thinking and into the deep, soul-aligned work of co-creation. It's for the leader ready to heal subconscious blocks, align with her soul's true mission, and manifest her biggest dreams into reality, one grounded step at a time.

Discover More and Purchase Your Copy HERE!

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What Readers Are Saying:

I've read countless books on manifestation—but nothing has felt as grounded, practical, and deeply transformational as The Conscious Manifestation Journal. Fristy Sato don't just repackage the usual "think positive" advice. Instead, they take you into the real work: healing, shadow integration, inner child connection, and actionable, aligned steps that actually move your life forward.

What makes this journal stand out is how holistic and structured it is. The project management-inspired tools helped me take vague dreams and turn them into clear, achievable goals. And the emotional healing work—especially the exercises on forgiveness, limiting beliefs, and self-sabotage—created shifts I've been trying to unlock for years.

I finally feel like I'm not trying to force the universe, but co-creating with it in a way that feels natural and true to who I really am. If you're tired of fluffy LOA advice and ready to align your desires with your soul's path—this is the journal you've been waiting for. Truly a sacred, empowering, and life-changing guide.

— Sarah., Life Coach

"Fristy's guidance has been a beacon. Her teachings on energetic sovereignty transformed my fear of visibility into a quiet confidence I never knew I possessed. I'm finally showing up in my business, unapologetically radiant."

— Evelyn., Manager

"I used to feel exhausted just thinking about my finances. After working with Fristy's methods, I feel a profound sense of ease and an almost magical flow of abundance. Her work is truly life-changing and deeply sacred."

— Erika., Healer

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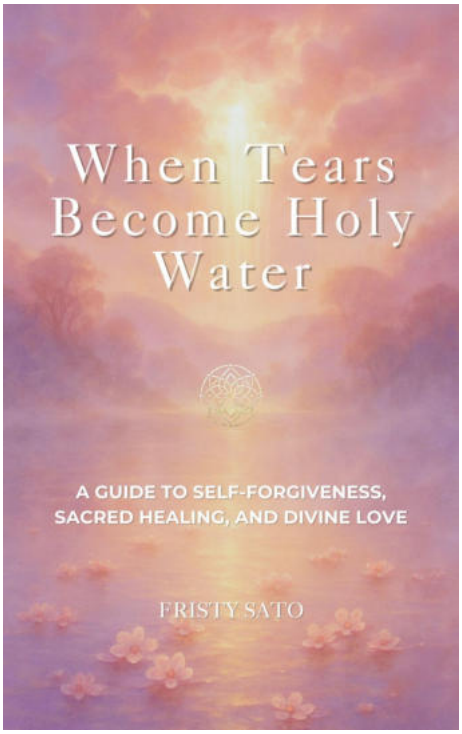
When Tears Become Holy Water: A Guide to Self-Forgiveness, Sacred Healing, and Divine Love



What if your tears weren't a sign of failure—but a sacred invitation back to yourself? If the journey of healing and self-compassion calls to you, this book is a profound companion. It's for the sensitive, introspective soul longing to reconnect with her inner child, release unspoken shame, and forgive herself, others, and even God. This is not a step-by-step guide to "fix" your life; it's an invitation to sit with your truth and find out it's still holy. Embrace a softer, embodied approach to healing and discover the grace that has always been holding you.

Discover More and Purchase Your Copy HERE!

What Readers Are Saying:

"As someone who has struggled with family wounds and spiritual confusion, I felt seen in every chapter. The three-act structure made it so easy to follow: forgiving God, forgiving myself, forgiving others. I've never read a book that so beautifully integrates personal story with spiritual practice. This is the book I'll be gifting to every woman I know."

— Sofia., Entrepreneur

This book found me exactly when I needed it. I didn't realize how much shame and guilt I was still carrying until I started reading When Tears Become Holy Water. Fristy's words felt

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like a hand on my heart. She doesn't just teach forgiveness—she lives it. This is more than a book. It's a healing experience. I cried, I journaled, and for the first time in years, I truly forgave myself.

— Sheena., Trauma Survivor & Meditation Student

I've read dozens of personal growth books, but none touched me like this one. Fristy writes with so much tenderness, wisdom, and depth. Her story is raw, relatable, and radiant. The mirror ritual alone changed my relationship with my inner child. If you're on a journey of healing, this book is your companion.

— Melissa R., Therapist & Energy Healer

Fristy writes with a voice that's both nurturing and powerful. She doesn't sugarcoat the healing journey, but she shows you how every tear is sacred. This book helped me forgive people I never thought I could—and most importantly, it helped me forgive myself. It's a must-read for anyone walking the path of spiritual growth and emotional freedom.

— Nina H., Spiritual Entrepreneur

I couldn't put this book down. Fristy's journey through rage, grief, and spiritual awakening is not just inspiring—it's transformative. I felt like I was sitting in a healing session just by reading. Her blend of journal reflections, meditations, and lived wisdom is unmatched. I'll be rereading this one for years to come.

— Jasmine A., Holistic Wellness Practitioner

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Your Path Forward

Connect with Fristy on Social Media:

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

Receive daily inspirations, clear transmissions, and updates designed to support your journey.

Explore More Offerings & Wisdom: https://www.fristysato.my.id/

Discover the full THRIVE Method™ from free resources to high-ticket mentorships—each designed to provide a clear path to your next level of embodiment.

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BEGIN YOUR JOURNEY NOW!

For more wisdom of Divine Feminine Leaders, visit:

Fristy Sato Official Website: https://www.fristysato.my.id/

Instagram: @fristysato

Medium: https://fristysato.medium.com/

LinkedIn: https://www.linkedin.com/in/fristysato/

X: https://x.com/fristysato

May your radiance shine forth with clarity and purpose. The world awaits your light.

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